



Issue 2: 6th April 2020

Welcome back to TeaBooks Chats – designed to keep you up to date with all things book-ish over the coming weeks!

I hope you are all well and coping in these strange times. We are very aware that whilst there are lots of wonderful cultural treats on offer if you use the internet, not everyone is online, so this newsletter aims to bring you some ideas about forthcoming programmes to watch or listen to – plus some ideas about what else you can do to keep yourself entertained if you have time on your hands. We would love to hear from you, so do drop me a line: Amanda Ferguson, 19 East Lockinge, Wantage, Oxon OX12 8QG or amanda.ferguson@bookfeast.net

Coming up on TV and Radio

Culture in Quarantine

BBC Four (Channel 9 on most TVs) is about to launch a whole range of cultural treats during April, including some wonderful theatrical offerings: Mike Bartlett's *Albion* from The Almeida, Emma Rice's *Wise Children*, Battersea Arts Centre's *Frankenstein* and six recent titles from the Royal Shakespeare Company. There is no schedule available at the moment, so keep a look out on whatever TV guide you can access.

Audio books on the TV!

Did you know that the RNIB has its own radio station? Every afternoon you can listen to a blissful hour of an audio book – currently *Little Women* by Louisa May Alcott at 2pm (repeated at 10pm). You can listen through the TV – RNIB Connect is on Freeview Channel 730 or use the website (www.rnib.org.uk/rnibconnect) to listen anytime.

You can also access Radio Four Extra through the TV – on Freeview Channel 703. You'll find favourite R4 shows from the archives, but also a number of literary treats – currently including AS Byatt's *The Frederica Quartet* and Gore Vidal's *Death in the Fifth Position*.



Keeping a diary helps to keep track of the days and is proven to boost wellbeing. There are lots of approaches:

Keep a **gratitude journal** by noting three “sensations” you enjoyed each day – the sound of birdsong, the smell of your first cup of coffee etc.

Create an **historical chronicle** by noting important events of the day and your response to them. Add in practical notes about how you are coping with social isolation. Future historians may well find it invaluable!

Scrapbook your days with shopping receipts, pressed flowers, newspaper cuttings, or your own sketches and doodles.

Don't forget if you have a library card and a four digit PIN number, you can still access a number of library services online – including borrowing e-books, e-audio, newspapers and lots more. See oxfordshire.gov.uk for more info.

